# Breastfeeding is going well during the newborn period after day four if...

- Your baby nurses 8-12 times in 24 hours.
- Your baby sucks actively for 10-20 minutes on the first breast and you hear swallowing.
- Your baby has 6-8 wet diapers and at least 3 yellow dirty diapers per day.
- Your baby appears satisfied after nursing
- Your breasts feel full before feeding and softer after nursing.

## Contact your care provider or a lactation consultant if you have concerns or...

- You don't feel your milk increase by day three or four after birth.
- Your baby is very sleepy and doesn't wake to nurse or is too fussy to latch.
- Diaper count is less than above or uric acid crystals (red dust in the urine) are present.
- You have breast or nipple pain.
- Your breasts are uncomfortably full and don't feel softer after nursing.
- You or your baby has a fever.
- You have flu like symptoms.
- You are considering using formula because of breastfeeding problems.

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### **Helpful Websites**

Visit our Website for Direct Links www.southsoundbreastfeeding.org

#### Attaching Your Baby at the Breast (Latching)

https://globalhealthmedia.org/portfolio-items/attachingyour-baby-at-thebreast/?portfolioCats=191%2C94%2C13%2C23%2C65

## Expressing First Milk (Hand Expression of Colostrum)

https://globalhealthmedia.org/portfolio-items/how-to-express-your-first-milk/

#### Stanford Breastfeeding Videos

https://med.stanford.edu/newborns/professionaleducation/breastfeeding.html

#### World Health Media Breastfeeding Videos

https://globalhealthmedia.org/videos/

KellyMom – Breastfeeding Blog www.kellymom.com

La Leche League – Support Resources

www.llli.org

## Medications and Breastfeeding LactMed – National Institute of Health

https://www.ncbi.nlm.nih.gov/books/NBK501922/



#### Washington State Protects Your Right to Breastfeed in Public

**2001:** Breastfeeding in public is not considered indecent exposure thanks to 9A.88.010 and the right to pump in a clean designated space at work is encouraged by RCW 43.70.640.

**2009:** Breastfeeding mothers are protected under state anti-discrimination laws. No one can tell you to leave or cover up while nursing thanks to RCW 49.60.030 and 49.60.215.

## South Sound Breastfeeding Resource Guide



## South Sound Breastfeeding Network

www.southsoundbreastfeeding.org



### **Prepare During Pregnancy**

#### **Breastfeeding Classes**

Birthing Roots (360) 789-9969+ Birth Embrace (360) 890-0543 Foveo Birth Services (408) 835-6368+ Initiating Lactation (360) 292-5146+ Olympia Lactation (360) 918-2392

#### **Breastfeeding Support Groups**

Breast/Chest Feeding Drop-In Group\* Family Support Center of South Sound Thursdays 10am-12pm (360) 754-9297

Providence Breastfeeding Support Group Meets Tuesday and Saturday 2-4pm (360) 493-7313

La Leche League of Thurston County Fourth Monday of Each Month 6pm (360) 975-4826

La Leche League of Lewis County Second Tuesdays of Each Month 10 am (360) 209-2046

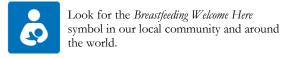
La Leche League of Mason County (360) 451-4162

La Leche League of Grays Harbor Support group meet monthly (360) 209-3439

Madigan Lactation Support Group Madigan – Sakakini Conference Room Tuesdays 1pm-3pm

### Family Health Hotline\*

(800) 322-2588



### **Breastfeeding & Making Milk**

#### Breast Pump & Scale Rental

Initiating Lactation (360) 292-5146

Providence Saint Peter Hospital (360) 493-5197

MultiCare Tacoma General Hospital (253) 403-3020

#### **Private Lactation Consultants**

#### Breastfeeding Medicine of the South Sound +

Melinda Harris Moulton, ARNP, IBCLC www.breastfeedingmed.com (585) 687-8873

#### Initiating Lactation +

Sarah Cassidy, BSN, IBCLC www.inlactation.com (360) 292-5146

#### Olympia Lactation +

Carrie Distefano, IBCLC Kristeen Seratt, BSN, RN, IBCLC Stefanie Anderson, IBCLC www.olympialactation.com (360) 918- 2392

#### Olympia Obstetrics & Gynecology +

Sarah Huntington, ARNP, IBCLC www.olyobgyn.com (360) 413-8413

#### **Hospital Based Lactation Services**

Capital Medical Center (360) 956-3587

Madigan Lactation Services (253) 968-3044

Mason General Hospital (360) 427-9558

MultiCare Virtual Medicine (253) 403-1681

Providence St Peter Phone Support (360) 493-5270

### **Community Support Services**

#### **Thurston County**

Olympia Sea Mar WIC\* (360) 754-2936

Sea Mar Maternal Support Services\* (360) 742-5010

#### **Lewis County**

Health Department WIC\* (360) 740-1255 or (360) 740-2709

#### **Mason County**

Community Action Council WIC\* (360) 426-9726 x3107

#### **Grays Harbor County**

Grays Harbor Sea Mar WIC\* (360) 482-4510

Aberdeen WIC\* (360) 532-8631

Sea Mar Maternal Support Services\* (360) 861-8710

#### **Breast Milk Bank**

Northwest Mothers Milk Bank www.donatemilk.org (503) 469-0955

#### Nursing Bras & Supplies

Judy's Intimate Apparel Olympia (360) 357-8807

Lullabies Gift Shop Olympia (360) 493-5197

Family Support Center of South Sound Supply Closet (360) 754-9297

> \*Se habla Español +Takes Insurance or has sliding scale